



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #14

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Cheese Omelet			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	Raisins- dried	100% Apple Juice	Apple Slices- fresh	100% Orange Juice	Strawberries- fresh
Grains/Bread Component 4x Whole Grain	Oatmeal (WG)	Whole Wheat Toast (WG)	Kix cereal (WG)	Waffles	Whole Wheat Toast (WG)
Other Foods 2x Meat/MA, 1x sweet		Eggs, Cheese		Reduced Sugar Syrup (sweet)	Vanilla Yogurt
LUNCH	Chili (HM)	Lemon Pepper Tilapia (HM)	Chicken Stir Fry	Tacos	Cheese Ravioli (CN) w/ Marinara Sauce
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Tomato, Green Peppers, Onion- fresh	Squash- frozen	Stir Fry Vegetables- frozen	Peas and Carrots- frozen	Broccoli- frozen
	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- fresh	Pears- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 3x Whole Grain	Cornbread	Whole Wheat Dinner Roll (WG)	Brown Rice (WG)	Whole Grain Taco Shell (WG)	Ravioli (CN)
Meat or Meat Alternate 1x highly processed	Chili Beans, Ground Turkey	Tilapia	Chicken	Ground Turkey, Cheese	Cheese Ravioli (CN)
Other Foods				Lettuce, Tomato	Marinara Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk	1% Milk		1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Carrot Chips- fresh	100% Grape Juice	Banana- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Wheat Goldfish (WG)				Granola (WG) (sweet)
Meat or Meat Alternate 1x Meat/Meat Alternate			String Cheese Sticks		
Other Foods		Greek Yogurt Dip			

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Pears- canned, unsweetened	Banana- fresh	Pineapple- canned, unsweetened	Strawberries- fresh	100% Apple Juice
Grains/Bread Component 2x Whole Grain	Whole Wheat Toast (WG)	Wheat Bagels	Whole Grain Rice Chex cereal (WG)	Pancakes	Biscuits
Other Foods, 1x sweet	Turkey Bacon	Cream Cheese		Reduced Sugar Syrup (sweet)	Butter
LUNCH	Bean & Cheese Burritos (HM)	Turkey & Cheese Sandwiches	Spaghetti	Baked Turkey Ham	Sloppy Joes (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Snap Peas- frozen	Carrots- canned	Garden Salad- fresh	Red Potatoes- fresh; Green Beans- canned	Sweet Potato Fries- frozen
	Mandarin Oranges- canned, unsweetened	Apple Slices- fresh	Peaches- canned, unsweetened	Applesauce- unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Spaghetti Noodles	Whole Wheat Bread (WG)	Wheat Hamburger Buns
Meat or Meat Alternate 0x highly processed	Beans, Shredded Cheese	Turkey, Cheese	Ground Turkey	Turkey Ham	Ground Turkey
Other Foods			Marinara Sauce		Sloppy Joe Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Celery Sticks- fresh		100% Apple Juice		Peaches- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 1x sweet		Whole Wheat Tortilla (WG)	Graham Crackers	Honey Wellness Cookies (sweet)	
Meat or Meat Alternate 3x Meat/Meat Alternate		Hummus		Cheese Slice	Cottage Cheese
Other Foods	Cream Cheese				

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WEEK OF Week 3

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	Peaches- canned, unsweetened	100% Orange Juice	100% Apple Juice	Apple Slices- fresh	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Corn Flakes cereal	Blueberry Muffin (sweet)	Whole Wheat Toast (WG)	Oatmeal (WG)	Rice Krispies cereal
Other Foods		Butter	Sausage		
LUNCH	Grilled Cheese Sandwich	Chicken Salad (HM)	Cheeseburger	BBQ Chicken (HM)	Chicken Parmesan Pizza (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Tomato Soup- canned	Green Beans- canned	Sweet Potato Fries- frozen	Coleslaw- fresh	Peas- canned
3x fresh	Pineapple- canned, unsweetened	Grapes- fresh	Banana- fresh	Mandarin Oranges- canned, unsweetened	Pears- canned
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Wheat Crackers	Wheat Hamburger Bun	Brown Rice (WG)	Pizza Crust
Meat or Meat Alternate 0x highly processed	Cheese	Shredded Chicken	Ground Beef, Cheese	Chicken	Chicken, Parmesan Cheese
Other Foods				BBQ Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1%Milk		1% Milk	1%Milk	1%Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Applesauce- unsweetened		Raisins- dried	
Grains/Bread Component 2x Whole Grain, 1x sweet	Orange Slices- fresh		Granola (WG) (sweet)		Wheat Thins (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate		String Cheese Sticks			
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	100% Orange Juice	Apple Slices- fresh	100% Apple Juice	Orange Slices- fresh	Raisins- dried
Grains/Bread Component 4x Whole Grain	Cheerios cereal (WG)	Biscuits	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	Whole Grain Rice Chex cereal (WG)
Other Foods 2x Meat/MA, 1x sweet		Apple Butter (sweet)	Hard Boiled Eggs	Yogurt	
LUNCH	Tuna Salad Sandwiches (HM)	Chicken & Cheese Quesadillas	Chicken Noodle Soup (HM)	Turkey Meatballs (HM)	Salmon Burger
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 2x fresh	Broccoli- frozen	Cauliflower- frozen	Mixed Vegetables- canned	Squash- frozen	Peas and Carrots- frozen
	Peach Slices- fresh	Pears- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Applesauce- unsweetened	Pineapple- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Egg Noodles	Whole Wheat Dinner Roll (WG)	Wheat Hamburger Buns
Meat or Meat Alternate 0x highly processed	Tuna	Chicken, Cheese	Diced Chicken Breast	Ground Turkey	Salmon
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Ants on a Log	Cheese Crackers		
Fluid Milk	1% Milk	1% Milk		1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Celery Sticks- fresh; Raisins- dried		Carrot Chips- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Honey Wellness Cookies (sweet)		Wheat Thins (WG)		Whole Wheat Tortilla (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate			Slice Of American Cheese		Hummus
Other Foods		Cream Cheese		Greek Spinach Dip	

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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Applesauce- unsweetened	Strawberries- fresh	Pears- canned, unsweetened	100% Orange Juice	Raisins- dried
Grains/Bread Component 3x Whole Grain	Kix cereal (WG)	Waffles	Whole Wheat Toast (WG)	Biscuits	Oatmeal (WG)
Other Foods 1x sweet		Reduced Sugar Syrup (sweet)	Turkey Bacon	Butter	
LUNCH	Broccoli Rice & Cheese Casserole	Meatloaf w/ Gravy (HM)	Baked Ziti	Mozzarella Pizza (HM)	Turkey Sandwiches
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 2x fresh	Broccoli- frozen	Green Beans- canned	Peas and Carrots- frozen	Mixed Vegetables- canned	Carrots- canned
	Peach Slices- fresh	Mandarin Oranges- canned, unsweetened	Applesauce- unsweetened	Kiwi- fresh	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Brown Rice (WG)	Whole Wheat Bread (WG)	Ziti Noodles	Pizza Crust	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Shredded Cheddar Cheese	Ground Turkey	Ground Beef, Cheese	Mozzarella Cheese	Deli Turkey, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Jell-o Fruit Salad
Fluid Milk	1% Milk			1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Grapes- fresh	100% Apple Juice	Peaches- canned, unsweetened		Chopped Fruit- fresh
Grains/Bread Component 1x Whole Grain				Wheat Thins (WG)	
Meat or Meat Alternate 2x Meat/Meat Alternate		String Cheese	Cottage Cheese		
Other Foods, 1x sweet					Jell-o (sweet)

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